



October

Group Fitness Classes



* All Classes labeled in black are included in the membership package. Those in color are sold on a punch card basis. For descriptions of classes, see the [Class Descriptions](#) link off the main Wellness Center Website! *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>4</div> <div>12:15 pm -1:00 pm</div> <div>Interval Training</div>	<div>5</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div> <div>5:30 pm-5:45 pm</div> <div>Abs and Back</div>	<div>6</div> <div>11:00 am-11:45 am</div> <div>Body Sculpting</div> <div>5:20 pm-6:20 pm*</div> <div>Yoga</div>	<div>7</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div> <div>5:30 pm-5:45 pm</div> <div>Abs and Back</div>	<div>8</div> <div>11:30 am -12:15 pm</div> <div>Cross Training</div>
<div>11</div> <div>NO CLASS</div> <div>Columbus Day</div> <div>Observed</div>	<div>12</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div> <div>5:30 pm-5:45 pm</div> <div>Abs and Back</div>	<div>13</div> <div>11:00 am-11:45 am</div> <div>Body Sculpting</div> <div>5:20 pm-6:20 pm*</div> <div>Yoga</div>	<div>14</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div> <div>5:30 pm-5:45 pm</div> <div>Abs and Back</div>	<div>15</div> <div>11:30 am -12:15 pm</div> <div>Cross Training</div>
<div>18</div> <div>12:15 pm -1:00 pm</div> <div>Interval Training</div>	<div>19</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div> <div>5:30 pm-5:45 pm</div> <div>Abs and Back</div>	<div>20</div> <div>11:00 am-11:45 am</div> <div>Body Sculpting</div> <div>5:20 pm-6:20 pm*</div> <div>Yoga</div>	<div>21</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div>	<div>22</div> <div>11:30 am -12:15 pm</div> <div>Cross Training</div>
<div>25</div> <div>12:15 pm -1:00 pm</div> <div>Interval Training</div>	<div>26</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div> <div>5:30 pm-5:45 pm</div> <div>Abs and Back</div>	<div>27</div> <div>11:00 am-11:45 am</div> <div>Body Sculpting</div> <div>5:20 pm-6:20 pm*</div> <div>Yoga</div>	<div>28</div> <div>12:00 pm-12:45 pm</div> <div>Basic Step</div> <div>5:30 pm-5:45 pm</div> <div>Abs and Back</div>	<div>29</div> <div>11:30 am -12:15 pm</div> <div>Cross Training</div>